



Serves: 4

Rice Vermicelli with Mackerel

Ingredients

- Brown rice vermicelli 300g
- Mackerel fish, sliced 150g
- Green vegetables 100g
- Tom Yam Paste 45g
- Straw mushrooms 50g
- Lemongrass, chopped 1 stick
- Water 6 cups

Tips:

- Use more water when cooking wholegrains, as wholegrains absorb more water than refined grains.
- Use fresh ingredients, herbs and spices or low sodium seasonings as flavour enhancers for soup stock.
- Oily fish (e.g. salmon, sardines and mackerel) contain omega-3 fatty acids which helps prevent heart disease and stroke.

Method

- Boil water. Add tom yam paste, lemongrass and straw mushroom to boiling water.
- Add sliced mackerel fish into stock, together with rice vermicelli and boil for 5 minutes.
- Add green vegetables and cook for around 1 minute and then turn off fire.
- Serve immediately.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 392kcal
Protein 13.0g
Total fat (g and % of total calories)
6.3g (14.6%)
Saturated fat 1.2g
Cholesterol 26mg
Carbohydrate 70.6g
Dietary Fibre 4.6g
Sodium 581mg